11: Hartmann M-5 (ca. 1920) 1928 FL11 Luo FL11

would have supplied sufficient food for the whole village (about 50 people) for 3 months. — When all the beer is finished the bridegroom's father asks his host whether his son may now build his wife a hut, and whether she may stay with him definitely. The worthy parent will answer: "No, not yet, because the heifer for the father of the girl *(roch wuoro)* is to be brought still."

Now the relations of the bridegroom go home taking a hindleg of the cow along, which is to be carried by the bride. But she will say: "It does not behove that I should walk along the road with my father-in-law; I will come later." Somebody of the party carries the leg, and she follows next day. Henceforward she is allowed to enter her mother-in-law's hut, where she does the cooking for her husband, and stays no longer in the simba. Unless she is with child already she goes home again after a few weeks, because her father has not quite released her yet, and she still plays about with her girl-friends.

When her husband has found the heifer still wanted by her father, he takes it to him. Again he asks leave to build a hut for his wife. If the father agrees he returns with his wife and starts building at once. The woman stays with her husband definitely, for the full dowry has been paid.

Some time later the woman's father brews beer and sends word to his son-in-law, who gathers his brothers and friends to go to this beer party *(kisech kongo)*. All of them except the husband himself go to the hut of his mother-in-law, where the beer stands ready. Not until he has given her either a goat or a sheep is he allowed to enter. This animal has to be handed over not by the husband himself, but by a relation of his. With this beer party the full marriage ceremony ends.

The woman, though she has her own hut now, goes on cooking in her mother-in-law's hut. Five months after she has conceived she has regularly to take *yeath agulu* which medicine has to be warmed up every time before taking it. This she does in her own hut. However, the evening before she boils this medicine for the first time, the children of the kraal pick some vegetables and cook them in the woman's hut. This is the first food cooked there. Both husband and wife, and also the children who cooked them partake of these vegetables.

From now onwards she cooks all the food in her own hut, but her husband is not allowed to eat any of it yet. He goes for his meals to his mother's hut. After about 4 days the woman goes home once more to fetch a goat for her husband. With the goat and also some other meat and fish she returns to her husband. When this food is cooked she calls her husband and the men of the village for a little feast. On this occasion she gives the goat to her husband, thereby sealing the contract with him *(criso chwore)*.

Burial of a married Man.

In the olden days the death of a warrior was considered to be brought about by some enemy through witchcraft. This death had to be revenged. So the very next morning, before the man got buried, people got ready for a fight, and went out to the boundary of a hostile tribe to wage a war against them. No sooner was the warcry raised or the hostile tribe got ready too, and came to the boundary. Both parties took some of their cattle with them. After the fight the victorious party took the opponents cattle as spoils.

17: Southall E-5 (1946-1947) 1952 FL11 Luo FL11

is a most important grouping intermediate between the compound family and its individual members. It is a semi-autonomous domestic unit with its own kitchen economy, its own property rights in cattle, goats, sheep, chickens, land, tools, granaries, and food stocks. Correspondingly it is responsible for its own building and repairs, fuel and water collecting, food provision and allocation from harvest to harvest, and has its own ritual rights and obligations. But the husband is an element common to them all and, having his own rights and duties in respect of these matters, binds them closely together. Livestock are herded co-operatively, not only for all the elementary families of a homestead, but for several homesteads together. The husband is the titular head of a corporate group, not an absolute rightholder.[1] He allocates land, cattle, and other property accruing to the compound family group among its elementary families, and this allocation limits the proportion in which it will eventually be inherited by the sons in each elementary family. He is also able to make levies of property for special purposes from all his elementary families. But in all situations involving social groups wider than the homestead, its head is subject to the decisions of the leader-in-council of the lineage segment to which he belongs. The exclusiveness of elementary families is potentially high, but in practice depends on the skill of the homestead head in securing and maintaining harmony, and on the natural compatibility or otherwise of co-wives. When these factors favour, co-wives may be seen co-operating in many tasks, taking it in turns to supply the husband—or one another's children—with food, combining as a team for garden work, or sharing one another's water-supply. But it cannot be denied that the Luo regard friction between co-wives as being a more normal state of affairs. Behind these situational variations lies the invariable right of the husband to regular cooked food from each wife, of each wife to regular sexual attention from the husband, and the general responsibility of each elementary family for its own self-maintenance granted its rightful assistance from the husband in his proper part of each task.

The rearing of children is woven into this framework. The baby's first contacts are naturally with its mother, who may not finally wean it till it is about two years old, unless as a result of a subsequent pregnancy she has to do so sooner; for suckling a child with a younger sibling in the womb is regarded as robbing and endangering the latter. The baby sleeps in its mother's hut at night and sleeps and later plays near it during the day. It is most closely associated with the other members of its own elementary family, especially the female ones circling round the hearth for the preparation and cooking of food. Other members of the compound family will be hardly less well known from their presence together inside the homestead hedge, but all non-members of the homestead will be comparative strangers except very close relatives or near neighbours who are constant visitors within it.

Babies of either sex are soon each put in the charge of one of the older unmarried girls, probably a real or classificatory sister. This brings them in contact with the world outside the homestead, where a number of these nurse-girls (Dholuo *jopidi*) meet regularly in informal play groups. By the time children can run about on their own they too form play groups, including both girls and boys from several homesteads. Gradually the interests of the two sexes diverge, the boys going off with

[1] The Luo homestead in all phases of its life-cycle would sustain the definition of a corporate group in Weber's sense. See *Theory of Political and Economic Organization*, p. 133.

20:Ominde I-5 (ca. 1948) 1952
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economy by handicrafts and exchanging pots and baskets for corn.

The introduction of modern household goods of a more durable nature has lessened women's chances of earning money through weaving baskets or making pots. The overcrowding of land has also meant an increased economic dependence on men. To satisfy family demands, most women engage in some kind of business transaction which often keeps them out of the home from morning till late in the evening. Although motor transport has improved these conditions, children have been unfavourably affected through neglect during the mother's prolonged absence. This change from sedentary occupation to long-distance travel has taken place since the coming of new economic standards, and at the moment it is very rare to find a woman who does not trade in a small way.

Women and the Birth of Children

Customs and taboos. The customs and taboos observed by expectant mothers merely reflect the social attitude of Luo women to the birth of their children. Thus the aims of the customs and taboos can only be appreciated in the light of a social desire for the woman to give birth without difficulty. Fundamentally this is also a basis for the disapproval of the birth of twins, and also of abnormal deliveries.

Concerning the persistence of the marital relationship during pregnancy there is no generally accepted restriction. But while custom varies from person to person, any sexual relationship continuing after the sixth month of pregnancy is regarded as excessive. The only social stigma attached to sexual relationship continued for the greater part of this period, is that it may provoke an open rebuke from the midwives or other women. Thus while no hard

[Text continues on p. 57]

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and fast rule can be placed on the time of the temporary termination of the marital relationship, it is generally left to the good sense of the men and women concerned.

The regulation of the diet. Here again the restrictions aim mainly at minimizing the chances of the child being too big, thus rendering it easier for the mother to give birth. Among the foods which women normally eat, bananas are eliminated during pregnancy because of their supposed fattening effect upon the child, and the danger of thus causing a difficult delivery. Among the most conservative women, pumpkins are placed in the same category with the additional belief that, since their contents are mostly water, they have a weakening effect upon the child.

Sugary foodstuffs such as canes, sweets, sugary tea or coffee are among the things which expectant mothers do not eat. Women believe that these foods produce babies so fat that they put a strain on the mother's strength. For the same reason, the excessive drinking of gruel is prohibited, and hot gruel is especially avoided on the grounds that it would scald the baby. But while these restrictions are adhered to in principle, in actual practice women with a strong liking for forbidden foodstuffs do not refrain from eating them.

A factor of great psychological significance is the belief that Luo mothers begin to yield to the will of their babies long before they are born. Among them are some who, during pregnancy, develop a habit of eating dried mud and other peculiar foodstuffs, one baby causing a mother to eat these and the next turning her appetite against them. These strange habits of eating are attributed to the will of the expected child; and it is believed that the domination of the child over the mother, enduring through the early part of its life, begins in the period of pregnancy.

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843 262 Dietary restriction may also be a matter of family habit or taboo. Thus a mother may inform her children while they are young that a certain kind of food is not to [753] be eaten by members of their family. This restriction may result from a fear of spreading certain diseases, generally skin ailments, latent in that particular family group. The restriction does not apply to others who are free from the supposed disease. When a woman gives birth to a baby her habits in these respects do not change.

[756] A dietary restriction may also result from the instruction of a medicine man, as in the case of a woman who has had no child for a long time. During his treatment [784] the medicine man gives instruction on taboos and compulsory dietary restrictions. Dislike of a certain food during pregnancy may also result from personal disagreeable experience. This is also generally assigned to the will of the child. Restraints of a family origin, as well as those imposed by the medicine man and acquired from personal experience, are more strictly adhered to than the traditional restrictions.

843 278 177 *Medicinal restrictions.* The list of medicines that expectant mothers may not take is a small one. Apart from the traditional strong purgatives and medicines for killing worms, modern drugs like quinine and strong European laxatives are eliminated, such measures being designed to prevent abortion or premature birth.

843 [177] [516] *Social relationship.* Superstitions affecting expectant mothers have very largely yielded to the influence of Christianity, but we find remnants of old regulations, such as those connected with sitting, still observed by women. An expectant mother is required to sit with a straight back. Neither should she put one of her legs on top of another, because it is believed that the expected child in assuming a similar position would be difficult to

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deliver. A person standing behind an expectant mother may also be driven away in the fear that if that person's birth had been difficult the birth of the coming child would be equally difficult. Social regulations connected with greetings are found among the pagans and these may result from the instruction of a medicine man. Thus he may prescribe the length of time in which an expectant mother is not allowed to greet those whom she happens to meet on the road.

Although in the family circle a woman is not allowed to overwork during this period, conditions are such that, if left to themselves, they continue with very strenuous work until the time of birth. In the past, expectant mothers stored food which they ate after giving birth. These foodstuffs might be dried meat, dried fish, ghee, and corn for gruel. Nowadays the availability of fresh meat has made it possible to supply women with sufficient food even although it is very expensive.

The amount of rest given to an expectant mother depends on the husband's position in society. With the poorer families, hard work continues till the time of birth. Thus, at one time a woman called Andege took some ripe bananas to Kisumu in the morning, returned at about 2 p.m., and at 4 p.m. gave birth to her daughter, Rapuoda.

Guessing the child's sex. In guessing at the child's sex before birth, the mothers generally rely on past experience. It is recognized to be very difficult, and even impossible, to predict the sex of the first child. Certain guesses depend on the health of the mother, though such guesses are not made public. For a male child it is believed that the mother should be thin; with a female child, the reverse, and these views are probably based on the assumption that male children sap their mother's energy to a greater degree. This is likewise the basis of

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843 [846] the custom which confines a female child in the hut with its mother for only three days, whereas a male child would stay with its mother for four days, thus giving her a longer rest. In reality, only those women who have given birth to two or more children seem to be able to make any successful guess as to the sex of their expected child.

The Birth of a Child

844 177 *Preparations.* Among the Christian women, customs connected with the preparation for a birth have largely been dropped; but superstition is still a very real factor in the life of every Luo woman. Hence, for example, the preparation of bedding and clothes before a birth is usually neglected on purpose, the position being even worse in families of low income. When women give birth in the maternity wards, the husbands therefore have to make a hasty preparation during the seven days spent by their wives in hospital.

843 177 [302] Among the pagans, the pain or nausea experienced during the first few months of foetal growth is mitigated by the administration of a certain medicine. When this trouble has ceased the woman is expected to grow long hair which should not be shaved until the child is born. Those pagan women who associate much with Christians, however, have abolished this custom of growing hair, though some of them still take the medicine. Among the pagans, the expectant mother takes a light purgative during the sixth month which is believed to free her from any abdominal impurity. Strong purgatives are forbidden in case they may cause abortion or premature birth.

844 *Assistance during delivery.* The assistance a woman receives when giving birth depends on the circumstances in which she finds herself. There is no ruling laid down